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Ugh! I Feel Fat!

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"UGH! I FEEL FAT!"

ALEKSA FRID

Right before fourth period, to the bathroom we go
To discuss the latest friends and foes –
We gather and dish and listen up
And then complain and whine about our flaws close up.
We attempt to outdo each other
We exclaim, "You're so beautiful" to one another.
You'd think it would make you feel better,
But it makes you feel worse!
You are who you are, both unique and diverse
So stop body bashing – put the trend in reverse
Help overcome this bad girlish trend
And bring everyone's low self-esteem to an end.